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9. A method of treating pain and inflammation comprising the steps of:
obtaining a quantity of *Morinda citrifolia* juice and pulp; filtering the wet pulp from the
juice;
pasteurizing the juice; and
providing a dose of said *Morinda citrifolia* juice for consumption, wherein said dose is
administered in an amount that is pre-determined to limit undesired COX-1 inhibition
relative to COX-2 inhibition.

11. (Cancel)

A 2

12. A method of treating pain and inflammation comprising the steps of:
obtaining a quantity of *Morinda citrifolia* juice and pulp; filtering the wet pulp from the
juice, wherein the wet pulp has a fiber content of from 10% to 40%, by weight;
pasteurizing the pulp; and
providing a therapeutic dose of said *Morinda citrifolia* pulp for consumption, wherein said
dose is administered in an amount that is pre-determined to limit undesired COX-1 inhibition
relative to COX-2 inhibition.

14. (Cancel)